



In Motion

The right exercise program for you starts here

What do you want to get out of an exercise program?

What you want to get out of an exercise program has everything to do with the kind of program that will work best for you in the long run.

Ask yourself, "What do I want to accomplish?" Do you want to lose weight? Get in shape and stay in shape? Maybe you'd like to reduce some of the stress in your life. Or perhaps you're serious about improving your overall health or increasing your muscular strength.

The good news is every one of those goals can be accomplished. Each one can be the start of a fun exercise program you can enjoy and benefit from.

Is your goal weight control? Then start with a low impact or no impact aerobic activity and work up to at least 30 minutes almost every day. If your goal is strengthening your muscles, there are plenty of strength-conditioning programs that include the use of free weights, weight machines, exercise tubing or calisthenics.

Or if what you hope to gain from exercise is improved flexibility, you could try yoga or a simple stretching routine that covers all your major muscle groups.

How do you begin a program? Regardless of what you want to

accomplish with your exercise program, there are many physical activities and health promotion specialists that can help you accomplish your physical activity goals. The latest program that will be offered to the NAS Oceana and Dam Neck Annex community is a five-week program called **The Right Weigh**. This healthy lifestyle program promotes getting into shape, eating healthy and provides steps to help you and your family maintain a healthy lifestyle plan. Top experts in exercise and nutrition will be leading **The Right Weigh** program. The program begins today from 11:30 a.m.-12:30 p.m. at the Oceana PRT Center, Bldg. 529. To register, call 953-9242.

Exercising at the Fitness Center

If you are interested in more individualized training or guidance, see the personal training staff at the NAS Oceana Fitness Center (433-2695) or Dam Neck Annex Fitness Center (492-7185). Certified fitness experts are available to provide guidance in fitness and nutrition for you and your family members. The fitness centers have a variety of exercise options, professional fitness instructors to keep you working in the right direction, and people who share a common interest in fitness. One of the best things about using the base fitness center is that you



AA Clayton Bryan (lifting weights) and AN Greg Hornback, both of Strike Fighter Squadron 15, work out together five days a week.

can work it into your daily schedule. You can go early in the morning before work or stop off on your way home.

Exercising outdoors

Don't forget about the many physical activity opportunities in the Virginia Beach area. Warm weather is on its way, so enjoy a walk with the family at the beach or at many of the local parks. In addition, check out the outdoor sports and recreation events that are offered through MWR Outdoor Recreation and sports programs. Call Oceana at 433-2200 or Dam Neck at 492-7429.

One more option: a workday routine

There is still another direction you can go, and that's to get together with co-workers during lunch to walk or jog. Many people have a good chance of sticking with a regularly scheduled lunchtime exercise program. You just might be one of them.

Deciding where to exercise comes down to choosing a program you find enjoyable, and the one that works best with your lifestyle.



ABF3 (AW/SW) Christopher Hua (l) and ABH3(AW) Adriano Menezes, both of Air Det Norfolk, enjoy exercising at the Oceana Fitness Center because it keeps them in good physical and mental shape.